



HOME WORKOUT: TO BE COMPLETED EACH DAY APRIL 6-9, 2020

Objective: Maintain fundamentals and sharpness of skillset while at home. Designed assuming no access to a basketball hoop. If you have a basketball hoop, target 175 makes per day of various shots you find yourself commonly taking in live games. Shoot at game speed with proper shooting form. Workout designed as a minimum. Feel free to do more.

Equipment needs: 2 basketballs

2-Ball Ball-Handling (150 reps of each...wide/low stance entire time...knees/hips bent...back straight)

- Same time
 - Drive ball in to ground as hard as possible
- Alternating
 - Drive ball in to ground as hard as possible (one ball comes up while the other goes down)
- Side-to-side
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Together-Out
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Front-to-back (same direction)
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Front-to-back (alternating direction)
 - One ball goes forward while the other goes backwards
- Crossovers
 - Keep basketballs in straight line...move ball immediately as it touches hand
- R leg
 - Ball in L hand dribbles regular while ball in R hand constantly is dribbled in circle around R leg
 - Baby dribbles moving the basketball as quick as possible
- L leg
 - Ball in R hand dribbles regular while ball in L hand constantly is dribbled in circle around L leg
 - Baby dribbles moving the basketball as quick as possible
- Figure 8
 - Quick dribbles around legs... switch hands when ball goes through leg...around both legs = 1 rep
 - One ball stays in front the entire time while the other ball constantly going around legs

Chair Form Shooting (45 reps with R hand and 45 reps with L hand)

- Continue with regular form shooting, but starting position is in a chair rather than standing
- When going in to "shot", push through legs and power up in to shot without dropping "L" to a "V"
 1. Chair – Sit on edge of chair with back straight. Back should not touch back rest of chair
 2. Feet - Make sure feet are shoulder-width apart and toes/knees facing forward
 3. L – Make L with shooting arm...elbow under ball...ball touching knuckles out to fingertips
 4. Hand - Place non-shooting hand directly on side of basketball...fingers facing up
 5. Shot - Power through legs...snap elbow/wrist...roll ball off fingertips...hold follow-through





Core

- Plank Series (4 times through)
 - 30 seconds of regular plank
 - 30 seconds of R hand side plank
 - R forearm on ground. Straight line from R elbow-shoulders-L hand stretched straight up
 - Side of R foot on ground...L foot resting on top of R foot
 - Tighten R oblique to create a straight line from foot, through hip, to shoulder
 - 30 seconds of L hand side plank
 - L forearm on ground. Straight line from L elbow-shoulders-R hand stretched straight up
 - Side of L foot on ground...R foot resting on top of L foot
 - Tighten L oblique to create a straight line from foot, through hip, to shoulder
 - 30 seconds of pushups (don't fall...can't do anymore, hold position until 30 seconds is over)

Video Review – Nigel Williams-Goss (Gonzaga/Utah Jazz) - <https://www.youtube.com/watch?v=P8oj7hNI5OY>

- Why Nigel: another player (like Jeremiah Dominguez/Peyton Pritchard) who doesn't rely on gifts like athleticism, speed, etc. Average athlete who learned to be successful by playing to strengths and avoiding weaknesses.
- Things to watch:
 - Pace
 - Not the fastest or most athletic on the court, but always under control
 - Keeps defense off-balance by changing pace + strong/on-balance when driving to basket
 - Eyes are always up...moment defense rotates or loses position, he's ready to pass
 - Defense
 - Always quick to get in front of the ball...doesn't try to poke/steal ball from behind
 - Never blocks a shot, but always forces the person he is guarding into a difficult shot
 - Always uses chest to be physical. Only uses hands when ball is exposed in front of him
 - Keys to development (per Coach Jeremiah and Coach Jeff, who shared same trainer w/ Nigel)
 - Playing up
 - Always trained/played against college/pro guys, even as a middle schooler. Even being small, thin, and losing every drill, he constantly sought older competition knowing it would speed up development. Loves a challenge; never backs down.
 - Sponge
 - Student of the game. Able to pick things up fast and stay locked in. Always watching games or other players train, breaking down nuances of the game. Always talking about what he saw and asking questions or for advice.
 - Personality
 - Extremely kind, hardworking, and consistent work ethic from middle school through today. No ego/negativity. Personality and passion to improve was infectious and made people want to help him.

Challenge / Feedback

- Find film of player you enjoy and send us 3 critiques of what you feel makes that player successful.
- Tag us @Showcase_BBall! For questions, please reach out to jeff@showcasebasketball.com

